



Toilet Talk

Stay well Manchester College!



-Healthy Eating Tips

Eating heart healthy may be easy when we are at home cooking our own food, but what about dinner in the Union or going out to eat? Here are some tips for how to pick the healthier option.

1. Say "no" to deep-fried foods
2. Ask for dressings, sauces, and gravies on the side
3. Avoid buttery croissants or rolls
4. Choose broth-based soups instead of creamy ones
5. Choose a baked potato over French fries or onion rings
6. Order sandwiches on whole or multi-grain breads. Hold the mayo and try mustard instead!
7. If you indulge in sweets or treats, share the order with somebody or take the other half home!

Eww, I Have Chapped Lips Again...

Tips to keep your lips healthy all year long!

Protect your lips. Before going out in cold, dry weather; apply lip cream or balm that contains sunscreen

Avoid licking your lips. Saliva evaporates quickly, leaving lips drier than before you licked them. If you tend to lick your lips, avoid flavored lip balm

Breathe through your nose.

Breathing through your mouth can cause your lips to dry out.

<http://www.mayoclinic.com/health/chapped-lips/AN01440>

AaachoOoOoO!!! Cover that cough!!!

Cover your mouth and nose with tissues (or upper sleeve/elbow) every time you sneeze or cough.

Remember to wash your hands frequently if you are sick, for 15-20 seconds and to use an alcohol based hand cleaner!

<http://www.suite101.com/content/how-to-cough-and-not-spread-germs-a76616>

Video Games Make You Smarter!

Every time you play you are giving your brain a good workout while exercising your thumbs on a joystick. When navigating your way through a mysterious world, you must solve a series of puzzles that are nested inside one another like a collapsed telescope. Playing a video game is similar to working through a science problem. Like students in a laboratory, gamers must come up with a hypothesis and work it out. For example, if the hidden treasure is in the castle, they engage in an action by hunting for the treasure. Gamers discover if their hypothesis is true or false when they search the castle. If they don't find the treasure, they revise their hypothesis the next time they play.

Though when you play Call of Duty or Halo you must form a strategy to win, try some more brain-buster games next time!

<http://parenting.kaboose.com/behavior/video-games-smart.html>